

# exercise class programme

## Llandrindod Wells Leisure Centre

Accurate as of 02/05/2024

### Times for Wednesday 12 December



Time	Session	Facility	Type
6:00 pm - 7:00 pm	Konga Burn	Sports Hall	Cardio / Calorie burning
7:15 pm - 8:00 pm	Cylchedau / Circuits	Sports Hall	Strength / Toning